

**Is living well  
right for you?**

# **Free Workshop**

## **Living Well with Chronic Conditions**



**Happy Hour  
Senior Center  
(Marshal White Center)  
222 28th St. Ogden, UT  
For Seniors 55+**

**Every Monday  
January 26th thru March 2nd 2009  
12:15 pm to 2:30 pm**

**To  
Register  
call: (801)  
778-6834  
Jesse  
Garcia**

**This six week workshop is for you if you feel like you need a little help managing aches, pains, arthritis, high blood pressure, asthma, or other types of long lasting health conditions. You are invited to bring a husband/wife, friend too!**

### **We will talk about ways you can:**

- Exercise - for fun and fitness**
- Let go & relax**
- Solve problems**
- Manage symptoms**
- Talk to your doctor**
- Take action and make plans!**